

Patriarchal / Egalitarian Tendencies

Patriarchal (Self-absorbed)	Egalitarian (Balances self with others)
Tends to schedule, plan, forecast	Moderately organized, mainly spontaneous, goes by the moment
Tends to look for gain before expending energy	Helping is the gain
Leaves a mess after themselves	Is conscious of their human footprint. Leaves things as they found them, or better
Only notices the energy they expend without counting that of others that came before or will come after	Considers all energy that's contributed and leaves things ready for the next person
Tends to ignore certain factors and miss compatibilities	Notices connections when factors synergize
Tends towards opposing or dismissing new ideas especially the ideas of women	Listens to the merit of whomever is speaking
Interprets general terms as being directed at them	Discerns between general and personal statements
Talks about themselves frequently throughout a conversation	Talks about general experiences as well as their own in balanced measure
Removes attention when a woman speaks about serious subjects	Listens to the merit of whomever is speaking
Thinks that others hold their interests as centrally as they do	Understands that everyone is not as into my life as much as I am, and vice versa
Sides with their brothers, in conflicts with women	Supports that everyone has their say. Supports those who are most accurate while also recognizing not to "gang up" upon a single person
Over-fascinated by the past or with history	Notes history but is more rooted in the moment and using it to pave the future
Repeats the same stories often	Enjoys familiarity as well as variety
Ignores points brought up by the other speaker (ie: lack of empathy)	Makes an acknowledgment to the point made by the other speaker before launching into speaking their point(s)
Tends towards exclusion, favoritism, elitism	Tends towards inclusion
Tends to hurry to finish a job or project, unnecessary rushing to get to the next activity or meet a self-imposed deadline	Paces themselves and learns how to enjoy every moment of the task even chores
Creates arbitrary deadlines	Frees themselves from unnecessary restrictions
Interprets honesty as a slight	Welcomes honesty and all feedback
Tends to think in terms of immediate	Balances long term with near term factors

gratification	
Tends to notice deficiencies	Tends to notice strengths and deficiencies
Tends to assume and not ask questions	Curious, asks questions when things are not clear
Tries to equate toxic masculinity to toxic femininity	Recognizes differences and acknowledges that toxic men can potentially be more physically dangerous than toxic women
Tends to assume a woman knows less than them	Recognizes that women have caught up educationally and even surpassed
Expects perfection	Expects excellence
Impatient with mistakes	Recognizes genuine mistakes are learning experiences
Time conscious	Goes at own pace while also taking in necessary time restraints
Hides emotions	Fluent with emotions and open to talking about them, as on any subject
Is miserly with compliments	Praises genuinely
Repressive	Expressive
“Doing” oriented	Recognizes quietude is part of the creative process as much as doing is
Tends to “silo” and compartmentalize	Integrates personal needs with others fluently
Talks over people	Pauses speaking when they hear another voice
Unconscious of the feelings of others	Aware of other’s feelings and reads their gestures for clues
Tends to say “no” a lot, oppose rather than affirm and speak in negatives	Positive, encouraging and optimistic attitude
Tends to speak in broad, blanket terms	Makes distinctions clearly
Tends to speak as a teacher or a superior	Considers everyone as teachers and students in simultaneous and fluid motion
Tends to make formality out of simple matters, makes unnecessary complications	Keeps things as simple and elegant as possible
Distracted from looking at the person speaking	Gives full attention to the person speaking
Rarely or begrudgingly apologizes for mistakes	Apologizes easily when mistakes are made
Self-absorbed	Integrates self with others
Worships leadership	Recognizes leadership is fluid
Prioritizes officialdom and credentials	Prioritizes logic, reason, intention, before

	credentials
Allows ritual and uniform to grant them airs	Finds ritual and costume part of having fun
Unaware of other's time	Considers the time of others as equally important as their own time
Commandeers the conversation when speaking	Practices natural flow of conversation
Doesn't notice when someone else wishes to speak and keeps talking on	Attuned to facial expressions and gestures and yields when they see someone wishes to speak
Unaware of their effect upon others	Looks for facial expressions and gestures and gauges the feelings of others
Unresponsive to questions or enquiry	Tries to respond to everyone
Constantly rushing to the next appointment	Savors every moment, not overly driven by clocks
Indulgent of their foibles and weaknesses	Holds themselves responsible for all they say and do and seeks to evolve
Disregarding of nature and their own footprint	Conscious of using resources and the footprint they leave
Leaves menial work for others	Negotiates work they don't like
Blind to patterns	Recognizes patterns easily and quickly
Appraises their own energy expenditure as more valuable than others, undervalues or overlooks the work of others, particularly women	Recognizes everyone's efforts
Insensitive to the consciousness of others	Aware of disturbing others' concentration
Inflicts noise without care for the peace of others	Aware of the noise they impose on others
Dismissive of joyfulness	Shares in the joyfulness of others and expresses their own freely
Takes people and things for granted until they're gone, then has regret	Appreciates everyone and all things consistently and tells it
Embarrassed to ask for help	Independent but asks for help when needed
Tends to favor mystery rather than clarity	Seeks to make themselves clear
Prepares to speak rather than listen when another is speaking	Listens, acknowledges the point of the other, and then speaks
Thinks in terms of revenge, retribution and penalty	Thinks in terms of encouraging desirable behaviors and examining what goes wrong
Competitive	Collaborative
Tends to focus intensely on a task while oblivious to other factors	Aware of factors outside their main focus
Seeks constant affirmation when they	Appreciates confirmation but not constantly

Speak	
Linear thinking	Holistic thinking
Advocates extermination to solve problematic situations	Considers coexistence imperative
Tries to guilt-trip others if they don't share the same views	Considers guilt an old manipulative trap. Weighs all viewpoints, and welcomes differences
Seeks to impress	Seeks to connect
Defensive, interprets innocent comments as personal attacks	Seeks to understand meaning and discern the intent of others
Talks about their abilities glowingly, while ignoring their foibles	Appreciates their abilities as well as the abilities of others while also kindly pointing out errors
Gives scant recognition to the importance of relationship and personal satisfaction	Holds relationship and personal satisfaction as primary
Holds paperwork and procedure more important than the feelings of people	Considers paper work to be usually unnecessary and superfluous, and that procedure should accommodate variances to suit individuals
Addresses only their agenda, ignoring the points made by challengers	Acknowledges and welcomes everyone's input and seeks to have everyone's agenda satisfied
Considers two options only - the either/or syndrome	Thinks comprehensively, looking at a spectrum, or range of options not just two options - either/or
Makes noise without care for the peace of others	Is cognizant of their noise footprint and juggles it to fit with others
Looks for ways for "not" doing things, lets problems get worse by neglect	Tackles a problem as close to the time it happens as possible
Blames others for causing their "triggering"	Looks within when triggered to find the cause within themselves
Unable to keep anger and frustration under wraps	Uses reason, rather than aggression, even when frustrated or angry, maintains composure
Says nothing when something is handed to them or done for them, rarely uses please and thank you	Acknowledges thoughtfulness verbally, practices etiquette
Suspicious of people's motives	Thinks benevolently by default but verifies any suspicion by asking questions, and examining factors
Erases women's history	Values women's experiences and recognizes that half of history has been ignored
Names schools, towns, children, cars, in	Chooses names that show meaning and

their own name	synchronicity
Mixes inconsequential information and consequential information so that it's hard to tell the important factors	Speaks sequentially and logically
Uses women as psychological therapists by talking about personal, intimate subjects	Talks about personal, intimate topics in intimate kinds of circles
Withholding and contractive	Expansive, open, giving without expectation
Uses censorship or shutting off communication when in disputes	Welcomes challenge and maintains open communications. Never uses censorship unless physically threatened
Gets wrapped up in their own personal stories and repeats them frequently	Recognizes that their life may not be as important to others as it is to themselves
Has little sense of nuance, tends towards dogma, rules	Recognizes complexity